

The By-Pass

Triangle Area Ostomy Association

Affiliated
with...



OUR MISSION: To provide emotional support and educational opportunities for persons who have had an intestinal or urinary diversion or who anticipate the surgery. We support The Friends of Ostomates Worldwide (FOW) by donating supplies to underprivileged ostomates in foreign countries.

November 2016

New President's Message:

At our October meeting, Sam DeAngelo announced that he was stepping down from his position as president due to health concerns. Sam has been our president for three years, opening meetings with his welcoming spirit and good humor. I will do my best to carry on his tradition, especially making sure that our meetings end on time!

Sam will still be attending meetings so be sure to thank him for all of his hard work when you see him.

Respectfully,
Dan Richards

NEWS AND UPDATES

- Our November meeting will feature a program on diet and nutrition by Shelly Wegman RD entitled, "Eating Healthy - Even During the Holidays"
- Dan Richards has become our new President, leaving the Vice President position open. If you would be interested in taking on either that role or that of Secretary, please let him know at a meeting.
- If you know of an event that you think TAOA would benefit from setting up a information table, please let Dan Richards know.

TRIANGLE AREA OSTOMY ASSOCIATION (TAOA)

TAOA is a local chapter affiliated with The United Ostomy Associations of America, Inc. Membership includes ostomates, nurses and friends who support our mission. New members are always welcome. Members receive a subscription to our monthly newsletter, The BY-PASS. Annual dues support TAOA and UOAA. If dues are not affordable, a courtesy membership can be arranged. (This information is kept confidential.)

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CALENDAR OF EVENTS:

Nov	1	TAOA Meeting, Rex, 7:15 pm
Nov	8	Election Day
Nov	8	TBC Meeting Chapel Hill, 7 pm
Nov	11	Veterans Day
Nov	21	CCFA Meeting Rex, 7:30 pm
Nov	24	Thanksgiving

NOVEMBER BIRTHDAYS

Sandeep Chawla	Nov 1
Joanna Burgess	Nov 2
Ed Withers	Nov 9
Jessica Ormondryod	Nov 12
Rajendran Kailasa,	Nov 20

Let us know your Birthday so we can celebrate it with you!

IN MEMORIAL

With deepest sadness, we announce
the death of our faithful member

DOROTHY (DOT) D. HOOVER

July 25, 1922 - October 21, 2016

TAOA MEETING INFO:

MEETING:

The first Tuesday of the month, September – June.
Time: 7:15pm NO meeting in July or August.

LOCATION:

Rex Hospital, 4420 Lake Boone Tr., Raleigh, 27607.
From the parking deck use the Main Entrance.
The meeting is in the main waiting room on the left.

INCLEMENT WEATHER POLICY:

If the Wake Co. Schools are closed due to weather conditions, there will be NO meeting that evening.

To verify a cancellation call Rex Hospital at 919-784-3100.

GROUP OFFICERS AND CONTACT INFO

Vice President: Dan Richards	919-624-3075
Vice President: Vacant	
Treasurer: Ruth Rhodes	919-782-3460
Secretary: Vacant	
Editor: Dan Richards	919-624-3075
Webmaster: Ed Withers	919-553-9083
FOW Coordinator: Jeff Burcham	919-847-9669
Visitor Coordinator: Stephanie Hughes	919-480-1172
Prof. Advisor: Stephanie Yates	919-613-2035

All officers are available for member support

Visit www.triangleostomy.org

TAOA ANNUAL DUES POLICY

THE ANNUAL STATEMENT FOR DUES is issued every June in the BY-PASS Newsletter. Payment is Due between June and August 31. Please use TAOA Member form to update information. Please notify the treasurer if payment must be delayed or if Dues are not affordable (Confidential). If no response by the September meeting, your membership will expire.

DISCLAIMER: Articles and information appearing in this newsletter are not necessarily endorsed by the Triangle Ostomy Association and may not be applicable to every individual. Always consult your physician or WOC Nurse for all medical advice.

TRIANGLE BLADDER CANCER SUPPORT GROUP

Date: Second Tuesday of the Month
Time: 7 pm – 8:30 pm
Place: SECU Family House,
123 Old Mason Farm Road
Chapel Hill, NC 27517
Contact: David Langham
919-948-0589
trianglebcs@gmail.com
www.trianglebcs.com

CROHN'S & COLITIS FOUNDATION OF AMERICA

CCFA SUPPORT GROUP

Date: Third Monday of the Month
Time: 7:30 pm – 9:00 pm
Place: Rex Healthcare
Contact: Reuben Gradsky
gutcheckrdu@gmail.com



WOC NURSES

Wake Med

Leigh Ammons	919-350-7668
Melanie Johnson	919-350-7668
Debbie Orr	919-350-7668

Wake Med Cary

Joanna Burgess	919-350-5231
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UNC Hospital

Donna Brickman	919-843-9234
Juliet Idiabonya	919-843-9234
Lisa Jenkins	919-843-9234
Barbara Koruda	919-843-9234
Lara Leininger	919-843-9234
John Maotko	919-843-9234
Donna Partin (outpt)	919-966-9344
Janet Rankin	919-843-9234

Duke Regional

Tom Hobbs	919-470-7215
Felicia Street	919-470-6145

Duke

Ronda Bowles	919-681-4678
Jane Fellows	919-681-7743
Penny Jones	919-688-0125
Michelle Rice	919-681-2436
Angela Richardson	919-684-9954
Leanne Richbourg	919-681-6694
Stepahnie Stokes	919-681-1785
Stephanie Yates (outpt)	919-613-2035
Mary Ann Whaley	919-613-5583

Duke Raleigh

Amanda Eltz	919-954-3725
Krys Dixon	919-954-3446

Maria Parham Hospital

Kathy Thomas	252-436-1700
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Durham VA Medical Center

Reba Giles	919-286-0411 X 6177
Sara Harbison	919-285-0411 X 5297

Rex Hospital

Angela Joyner	919-784-2048
Rachel Breazeale	919-784-2048
Teri Ourada	919-784-2048

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with Remois Technology*



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www.ConvaTec.com

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Reference: 1. Shewchuk JT, Mawardi MH, Gub et al. *Histol Prosthet.* ConvaTec. *Manufactured Evolution of the Personal Care™ (Ostomy) One-Piece Moldable Skin Barrier.* *Prosthetics and Orthotics.* June 2013. *WoundSource/ConvaTec Inc. © 2014 ConvaTec Inc. #10141515M

Duke Raleigh Hospital Ostomy Clinic

Contact Krystyna Dixon, BA, RN, CWOCN, CFCN for an appointment. MD referral is required.

Wound Healing Center
Medical Office Building 6
3320 Wake Forest Road
Raleigh, North Carolina 27609

919-954-3446

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TAOA MINUTES OF THE OCTOBER 4, 2016 MEETING

Social: Thank you to WOCN's, Lara Leininger and Angela Richardson, for providing the delicious refreshments this evening. Everyone enjoyed their large variety of snacks.

Meeting: President, Sam De'Angelo called the meeting to order at 7:30 PM. An audience of 24 was welcomed, including two new visitors who anticipate surgical diversion later this month. With regret, Sam submitted his resignation as President of TAOA. Sam feels the need to reduce his many extra responsibilities in order to eliminate excess personal stress and maintain good health. We are fortunate to have experienced Sam's leadership and we extend our sincere appreciation for his service to TAOA. Our understanding and best wishes are with him as he leaves this position. He plans to remain an active member. Vice President, Dan Richards, has agreed to accept the position of TAOA President. A new Vice President will be elected. All members should consider this organization's need for your service.

Announcements: 1) As Dan accepts more responsibility, we owe him assistance! He arrives early to set up tables, seating, sound system etc. Please be attentive, offer your helping hands BEFORE & AFTER the meetings. Helpful participants relieve Dan from doing it ALL! 2) Long time member, Dr. Bill Mull and wife Cecilia have moved to be near their son in Lafayette, Indiana. They will be missed following years of faithful attendance. 3) The 3rd annual Ostomy 5K run was quite successful with 220 participants and 25 volunteers. The full contribution to UOAA will be tabulated following the completion of additional races in the U.S. and England. 4) Stephanie announced the next programs: Nov. 1st Rex Wellness Center's Shelly Wegman, RD will present, "Eating Healthy---Even During the Holidays". A Holiday Social, Dec. 6th, will include a report by "Great Comeback Award" regional winner, Tom Rinkacs, FNP. Tom will give a review of his experiences as our sponsored adult counselor for the 2016 Youth Rally.

Program: Members and guests met in groups designated by their type of Ostomy. Volunteer WOCN's led the groups. Members shared questions and personal experience while benefiting from suggestions and knowledge of their peers. We appreciate the participation of WOCN's: Joanna Burgess, Western Wake; Morgan Womble & Lara Leininger, UNC; Katie Smith & Mary Ann Whaley, Duke; Kris Dixon, Duke-Raleigh and Advisor, Stephanie Yates, Duke.

Adjournment: TAOA will meet on Tuesday November 1st at 7:15PM. Refreshments will be provided by Ed & Sonya Withers. This meeting adjourned at 8:30 PM.

Respectfully submitted,
Ruth Rhodes, Sec./Treas.



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Flying with an Ostomy

As the holidays approach many of us will be traveling by air to visit family. One of the biggest concerns is getting through security. The UOAA has a great travel guide on their website - www.ostomy.org/Ostomy_Travel_Tips.html. I've included some of their tips below:

1. Pre-cut all pouches at home, as you may wish to avoid having scissors in your carry-on luggage. However as of 2005 you are free to carry on scissors less than 4 inches, which should cover your ostomy scissors.
2. Pack ostomy supplies in at least 2 places – carry-on and checked luggage.
3. Take extra supplies in case you are stranded where supplies may not be available.
4. A statement from your physician stating your need for ostomy supplies might be helpful. Also a statement advocating a private area be used in case of an extended search.
5. If traveling to a foreign country it is a good idea to have critical ostomy information written in their language. One of the 70 member associations of the International Ostomy Association may be of help with this translation as well as with locating supplies while visiting their country.
6. The restrictions on liquids and gels does not apply to your ostomy wafers and bags. It does apply to adhesive remover wipes, tubes of paste, and liquid deodorants. Be sure to pack them in a one quart Ziploc bag.
7. The TSA have been trained to know what an ostomy is so you should have no issues at the full body scanner. They may ask you to rub your hand over your clothes above your appliance to test for explosive residue. Remember that you can always ask for a private screening if you are uncomfortable.

The Phoenix
The Official Publication of UOAA

The Phoenix is the leading national magazine for ostomates, their families and caregivers. Each issue contains 72 pages of inspiration, education and information including new products, medical advice, management techniques, personal stories and more.

Half of each subscription funds the nonprofit UOAA. Subscribe Today!

Annual subscriptions: \$25 (4 issues) Money Back Guarantee!

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Mission Viejo, CA 92690
Phone/Fax: 949-600-7296

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Address _____
Apt/Suite _____
City _____
State _____ Zip _____

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TAOA MEMBERSHIP FORM

Please print legibly Date: _____

Name: _____

Address: _____

Spouse: _____

Phone (Home): _____ (Cell): _____

Email: _____

Newsletter () Email () US Mail Year of Surgery: _____

Type of Ostomy: [] Colostomy [] Ileostomy [] Urostomy (Ileal conduit) [] Other Type: _____

[] No ostomy/Supporting Member [] Relative [] Friend [] Other

Payment of dues enclosed: \$20 [] CASH [] CHECK [] M.O.

[] I request Courtesy Membership. I cannot pay dues at this time.

(Information is Confidential)

MAIL COMPLETED FORM WITH PAYMENT OF DUES TO:

Ruth Rhodes, Treasurer

8703 Cypress Club Drive, Raleigh, N.C. 27615

8703 Cypress Club Drive
Raleigh, NC 27615



OUR THANKS TO

FOR PROVIDING THE PRINTING OF
THIS NEWSLETTER

NEXT MEETING: Tuesday, **November 1**, 2016 at 7:15 pm, Rex Hospital
PROGRAM: Eating Healthy - Even During the Holidays
Hosted by: Shelly Wegman, RD

